

Town of North Haven  
Dept. of Community Services and Recreation

# Fall Brochure 2015



## RECREATION & POOL PROGRAM REGISTRATION

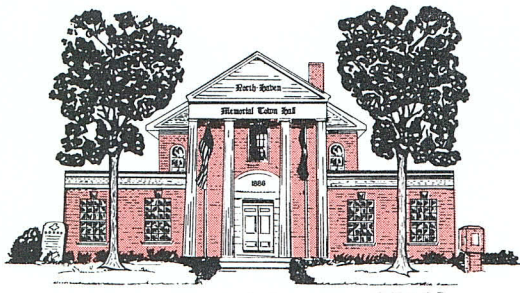
**Resident Mail In** – August 17  
(postmark no earlier than August 14)

**Resident Walk In** – August 24

**Non-Resident** – September 1

<http://www.town.north-haven.ct.us/>

All registrations must include proof of residency or they will be sent back. Proof of residency cannot be kept on file. A check is not considered proof of residency.



# TOWN OF NORTH HAVEN

MEMORIAL TOWN HALL / 18 CHURCH STREET

NORTH HAVEN, CONNECTICUT 06473



First Selectman  
Michael J. Freda

Tel. (203) 239-5321  
Fax (203) 985-9009

Fall 2015

Dear Friends:

As the summer heat is replaced with the brisk chill of fall, it is time to get back on track with the Department of Community Services & Recreation. Our Department has prepared a variety of programs and activities for you and your family to fit into your routine this fall. Feel free to leaf through our brochure and select your favorites.

This season, we encourage you and your family to stay active with yoga or swim lessons. Be sure to make time for one of the many activities of fitness fun for you and your family to enjoy. With so much to choose from, for both parents and the kids, your family's routine will be packed with our Department's programs.

Be sure to mark your calendar for Friday, October 30<sup>th</sup> for our spooktacular Halloween Party. This annual event provides a safe and fun environment for your kids get dressed up in costumes for a spooky good time.

I encourage you to take the time to peruse through our brochure. Please be sure to sign up early to guarantee your spot.

Sincerely,

Michael J. Freda  
First Selectman

**SPECIAL NOTE:** ALL REGISTRATIONS MUST INCLUDE PROOF OF RESIDENCY OR THEY WILL BE SENT BACK. A CHECK IS NOT CONSIDERED PROOF OF RESIDENCY. CLASS PARTICIPATION MAY BE CONFIRMED BY SENDING A **SELF-ADDRESSED, STAMPED ENVELOPE** WITH YOUR REGISTRATION; OTHERWISE, YOU WILL BE NOTIFIED **ONLY** IF YOU **DO NOT** RECEIVE YOUR FIRST CHOICE. **SIGN UP EARLY!** THERE IS LIMITED SPACE IN ALL CLASSES AND PROGRAMS.

**PARKS AND RECREATION COMMISSION**

JOSEPH CAPPUCCI  
AL CENTONE, **Secretary**  
SUZANNE LEWIS  
ROBERT KOWALEWSKI  
FRANK MONTAGNA, **Vice Chairman**  
SUSAN PUZYCKI  
MARY LOU STAMP, **Chairman**

**DEPARTMENT OF COMMUNITY SERVICES AND RECREATION STAFF**

EILEEN P. PETTIT, ASSISTANT DIRECTOR/RECREATION  
ANDREW DELVECCHIO, ASST. DIRECTOR OF POOL  
JOHN BIMONTE, PROGRAM COORDINATOR  
JENNIFER KLEIN, SECRETARY  
LYNNE COLE, PROGRAM ADMINISTRATOR  
NEIL TOTI, MAINTENANCE MAN

# REGISTRATION INFORMATION

ALL PROGRAM REGISTRATIONS ARE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS **BY MAIL ONLY** AT THE OPENING DATE OF REGISTRATION. THE OPENING DATE IS AS FOLLOWS:

**FALL:** MAIL-IN REGISTRATIONS CANNOT BE POSTMARKED EARLIER THAN **THREE (3) DAYS** PRIOR TO THE OPENING DATE FOR EACH REGISTRATION PERIOD. **WALK-IN REGISTRATIONS FOR RESIDENTS ONLY**, WILL BE ACCEPTED ONE (1) WEEK FOLLOWING THE OPENING DAY OF REGISTRATION.

**NON-RESIDENTS** MAY REGISTER BY MAIL OR IN PERSON BEGINNING **TWO (2) WEEKS** FOLLOWING THE OPENING DAY OF REGISTRATION. **NON-RESIDENTS ARE NOT ELIGIBLE FOR MOST POOL PROGRAMS.**

## RECREATION & POOL PROGRAM REGISTRATION

**Resident Mail In – August 17**  
(postmark no earlier than August 14)

**Resident Walk In – August 24**

**Non-Resident – August 31**

## HOW TO REGISTER:

1. FILL OUT ONE (1) REGISTRATION FORM FOR EACH PERSON AND PROGRAM.
2. WRITE ONE (1) CHECK FOR EACH PERSON AND PROGRAM, PAYABLE TO “**TREASURER, TOWN OF NORTH HAVEN**”.
3. INCLUDE PROOF OF RESIDENCY. RESIDENCY **MUST** BE INCLUDED **EVERY** TIME YOU REGISTER. IT IS NOT KEPT ON FILE!
4. INCLUDE PROOF OF AGE FOR YOUTH PROGRAMS. **IF YOU ARE SURE** YOUR CHILD’S BIRTH CERTIFICATE IS ON FILE WITH THE DEPARTMENT, YOU DO NOT NEED TO SEND ONE WITH YOUR REGISTRATION. IF YOU ARE UNSURE, PLEASE SEND ONE. WE WILL PUT IT ON FILE.

### ONE OF THE FOLLOWING WILL BE ACCEPTED FOR PROOF OF RESIDENCY:

VALID CT DRIVER’S LICENSE  
LEASE OR MORTGAGE  
TWO (2) RECENT UTILITY BILLS  
VOTER REGISTRATION CARD

TAX BILL FOR REAL PROPERTY (REAL PROPERTY IS BUILDING OR LAND. THIS DOES NOT PERTAIN TO MOTOR VEHICLE AND OTHER LIKE TAXES)

### ONE OF THE FOLLOWING WILL BE ACCEPTED FOR PROOF OF AGE:

COPY OF BIRTH CERTIFICATE  
COPY OF BAPTISMAL CERTIFICATE

**THE DEPARTMENT RESERVES THE RIGHT NOT TO PROCESS ANY REGISTRATION WITH INCOMPLETE INFORMATION OR INSUFFICIENT PROOF OF AGE AND/OR RESIDENCY. ALL PROGRAM TIMES ARE BEGUN AND ENDED PER THE TIMEPIECE OF THE PARTICULAR PROGRAM ACTIVITY SUPERVISOR. THIS RULE MUST BE STRICTLY ADHERED TO BY ALL PARTICIPANTS.**

# REGISTRATION INFORMATION

## MAILING ADDRESS/TELEPHONE

7 LINSLEY STREET  
NORTH HAVEN, CT 06473  
TELEPHONE: 203-239-5321 EXT. 530  
[recreation@town.north-haven.ct.us](mailto:recreation@town.north-haven.ct.us)

## OFFICE HOURS

MON-FRI. 9:00-4:30 P.M.  
MON-THUR. 6:30-8:30 P.M.

- \* The office will close at 4:30 p.m. the week of 8/25/15 through 8/28/15.
- \* The Recreation Center will be closed Friday 9/4/15 for maintenance.

**REFUND POLICY:** REFUNDS WILL NOT BE ISSUED UNLESS THE PROGRAM IS CANCELLED BY THE DEPARTMENT, YOUR SPACE CAN BE FILLED WITH ANOTHER REGISTRATION, OR A PHYSICIAN'S NOTE IS PROVIDED. SHOULD THE DEPARTMENT INITIATE A CANCELLATION OF A CLASS AFTER THE START OF THE PROGRAM AND MAKEUPS CANNOT BE RESCHEDULED, A CREDIT WILL BE ISSUED. HOWEVER, IF THE OPPORTUNITY FOR A MAKEUP IS PROVIDED, NO CREDIT WILL BE ISSUED.

**CANCELLATION INFORMATION:** IN THE EVENT OF INCLEMENT WEATHER OR OTHER FACTORS BEYOND OUR CONTROL, PROGRAMS MAY NEED TO BE CANCELLED. PARTICIPANTS ARE ADVISED TO LISTEN TO CALL THE **RECREATION INFO-LINE** AT 203-234-2535.

**RESIDENCY-DEFINED:** RESIDENTS ARE DEFINED AS THOSE PERSONS DOMICILED ON A PERMANENT BASIS IN THE TOWN OF NORTH HAVEN OR THOSE PERSONS WORKING ON A PERMANENT FULL-TIME BASIS IN THE TOWN OF NORTH HAVEN. INDIVIDUAL OWNERS OF REAL PROPERTY (**NON-MOTOR VEHICLE**) ARE INCLUDED IN THIS DEFINITION. **PLEASE NOTE:** ANY PERSON WORKING FULL-TIME IN THE TOWN OF NORTH HAVEN IS CONSIDERED A RESIDENT AND IS ELIGIBLE TO PAY THE PROGRAM'S ESTABLISHED RESIDENT FEE. THIS PRIVILEGE IS NOT EXTENDED TO THE FAMILY MEMBERS OF THE EMPLOYEE. THOSE PERSONS WHO WORK IN THE TOWN OF NORTH HAVEN MUST SHOW PROOF OF FULL-TIME EMPLOYMENT SUCH AS; A CURRENT PAY STUB OR LETTER FROM THE EMPLOYER AT THE TIME OF REGISTRATION. **SPECIAL NOTE:** POOL MEMBERSHIPS ARE SUBJECT TO ADDITIONAL RESTRICTIONS.

**NON-RESIDENT FEE:** ADD \$10.00/ RECREATION PROGRAM. RESIDENTS ONLY FOR POOL MEMBERSHIPS. OTHER *RESIDENT ONLY PROGRAMS* ARE NOTED IN THE PROGRAM DESCRIPTION. FOR AN ADDITIONAL \$40.00 NON-RESIDENT FEE PLUS THE PROGRAM FEE, NON-RESIDENTS ARE ELIGIBLE FOR SWIM LESSONS AND AQUA AEROBICS ONLY.

**SPECIAL INFORMATION:** ALL CLASSES ARE HELD AT THE MILDRED A. WAKELEY RECREATION CENTER, UNLESS OTHERWISE NOTED. CLASS LOCATION, FEES, AND INSTRUCTORS ARE SUBJECT TO CHANGE. BE SURE TO SIGN UP EARLY FOR THERE IS LIMITED SPACE IN ALL CLASSES AND PROGRAMS. YOU MAY OBTAIN INFORMATION FROM THE RECREATION OFFICE OR FROM THE COLUMNS IN THE NORTH HAVEN POST, THE NORTH HAVEN COURIER AND THE ADVISOR. FACILITIES AND PROGRAMS OF THE COMMUNITY SERVICES AND RECREATION DEPARTMENT ARE AVAILABLE TO INDIVIDUALS OF ALL ABILITIES. PLEASE LET US KNOW WHEN YOU REGISTER IF YOU NEED ASSISTANCE TO PARTICIPATE DUE TO A DISABILITY.

**INCLUSION POLICY:** THE COMMUNITY SERVICES AND RECREATION DEPARTMENT WELCOMES THE PARTICIPATION OF ALL INDIVIDUALS, INCLUDING THOSE WITH DISABILITIES, INTO OUR PROGRAMS. WE WILL COMPLY WITH THE SPIRIT AND INTENT OF THE AMERICANS WITH DISABILITIES ACT (ADA) IN MAKING REASONABLE ACCOMODATIONS FOR THOSE INDIVIDUALS WHO ARE IN NEED. PLEASE INFORM US OF YOUR SPECIAL NEEDS, AT THE TIME OF REGISTRATION. A MINIMUM NOTICE OF AT LEAST TWO WEEKS PRIOR TO THE START OF THE PROGRAM IS REQUESTED FOR ACCOMODATION.

**PAYMENT:** FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION TO SECURE A SPOT IN ANY PROGRAM.

# POOL MEMBERSHIP

## POOL FEES:

**ANNUAL MEMBERSHIPS (RESIDENTS ONLY) RUN YEARLY FROM JULY 1 THROUGH JUNE 30\*\*. PROOF OF RESIDENCY, AGE AND/OR FULL TIME EMPLOYMENT IS REQUIRED AT THE TIME OF PURCHASE.**

ADULT SINGLE:	\$85.00 *
YOUTH SINGLE:	\$75.00 *
FAMILY OF TWO:	\$125.00 *
FAMILY OF 3+:	\$145.00 *
SENIOR SINGLE:	\$40.00 *
SR. CITIZEN COUPLE:	\$50.00

**\*SENIOR CITIZENS MUST BE 60 YEARS OF AGE.**

**\*YOUTH SINGLE FOR THOSE 17 AND UNDER.**

**\*ADULT SINGLE FOR THOSE 18 AND OVER.**

**\* FAMILY OF TWO – COUPLE, OR (1) PARENT/GUARDIAN AND A CHILD 17 & UNDER.**

**\*FAMILY OF 3 OR MORE, ANY COMBINATION OF THE FOLLOWING – 1 OR 2 PARENTS AND OR GUARDIANS AND 1 OR MORE CHILDREN 17 & UNDER.**

**\*\*RATES ARE NOT PRO-RATED.**

### **CORPORATE MEMBER: \$310.00 OR LESS**

AVAILABLE TO FULL-TIME EMPLOYEES OF COMPANIES LOCATED WITHIN THE TOWN OF NORTH HAVEN. ASK ABOUT GROUP DISCOUNTS. SEE FLYER AT THE POOL OR RECREATION OFFICE.

**NEW MEMBERSHIPS** - ISSUED MONDAY-FRIDAY AT THE RECREATION OFFICE FROM 9:00 A.M. TO 4:30 P.M. AND MONDAY-THURSDAY AT THE RECREATION OFFICE FROM 6:30 P.M. TO 8:30 P.M.

**RENEWALS** - PROCESSED DURING NORMAL BUSINESS HOURS.

## DAILY FEES:

ADULT:	\$5.00
SR. CITIZEN:	\$4.00
CHILDREN:	\$4.00
NON-RESIDENT GUEST:	\$10.00
NON-RESIDENT WORKING FULL TIME IN NORTH HAVEN:	\$12.00

## POOL HOURS: THROUGH JUNE 27, 2016 (SUBJECT TO CHANGE)

### OPEN SWIM:

MONDAY - FRIDAY	11:00 A.M.-12:30 P.M.
MON/WED	7:00-9:00 P.M.
TUES. /THURS.	6:00-8:00 P.M.
SATURDAY	2:00-4:00 P.M.
***SUNDAY	2:00-5:00 P.M.

### ADULT SWIM:

MONDAY - FRIDAY	6:30-8:30 A.M.
MONDAY – FRIDAY	12:30-1:30 P.M.
SATURDAY	1:00-2:00 P.M.
***SUNDAY	1:00-2:00 P.M.

### SENIOR CITIZEN SWIM:

TUES. /THURS.	10:00-11:00 A.M.
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**\*\*\*PLEASE NOTE THAT SUNDAY HOURS ARE EFFECTIVE SEPTEMBER 13, 2015 THROUGH MAY 22, 2016.**

# YOUTH AQUATIC PROGRAMS

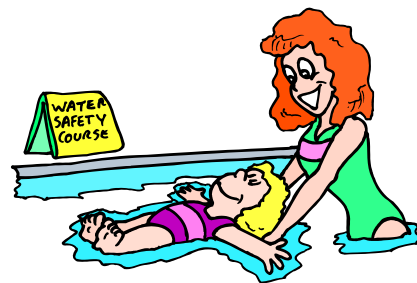
Mail in Registration for NORTH HAVEN RESIDENTS ONLY will be accepted on a first come, first served basis beginning Monday, August 17, 2015 (Postmarked no earlier than August 14, 2015) Walk in Registration begins Monday, August 24, 2015. Non-Resident Registration begins on Monday, August 31, 2015. *Because of limited space, it would be in your best interest to pick a second choice. For class confirmation, please include a self-addressed, stamped envelope. **\*\*Please note: If conditions do not permit use of the water, due to unforeseen closures, an on-deck safety lesson will be conducted!*** For an additional \$40.00 non-resident fee plus the program fee, non-residents are eligible for swim lessons and aqua aerobic classes only.



## ALL CHILDREN'S SWIM LESSONS

**SATURDAYS: SEPTEMBER 19 – OCTOBER 31**

(7 SESSIONS)



### INTRO LEVEL - (6-36 months) PARENT AND CHILD ENRICHMENT

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 11:30-12:00

**PURPOSE:** Orientation to aquatic environment, to create a sound foundation for aquatic and safety skills.

**COURSE CONTENT:** Supported floating and kicking on front and back, arm motions, introduction to breath holding, blowing bubbles and circle time.

### LEVEL I PRESCHOOL - (3-5 years old) DEVELOPED FOR THE BEGINNING SWIMMER

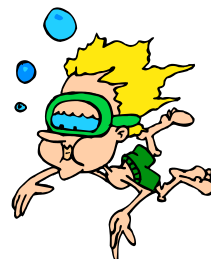
**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 10:15-10:45,  
12:00-12:30, 12:30-1:00

**PURPOSE:** To overcome any fears and to work on beginning swimming skills.

**COURSE CONTENT:** Swim belts are worn. Kicking, floating, underarm pulling are taught while child learns to swim independently with the belt. Learn basic safety rules.



### LEVEL I SCHOOL AGE - (5 years and up) DEVELOPED FOR THE FIRST TIME SWIMMER

**FEE:** \$75.00

**SATURDAY**

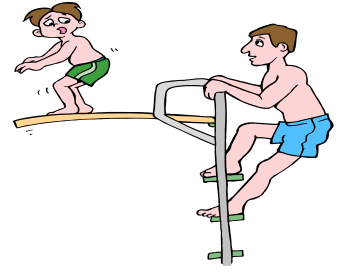
**TIMES:** 10:15-10:45, 12:00-12:30

**PURPOSE:** To overcome any fears and to work on beginning swimming skills.

**COURSE CONTENT:** Swim belts are worn. Kicking, floating, underarm pulling are taught while child learns to swim independently with the belt. Learn basic safety rules.



# YOUTH AQUATIC PROGRAMS



## **LEVEL II PRESCHOOL** - (3-5 years) PRIMARY SKILLS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 9:45-10:15, 10:45-11:15, 12:00-12:30

**PURPOSE:** To transition swimmers off of floatation devices.

**COURSE CONTENT:** Independent floating and kicking on front and back, locomotion advancement and personal safety. Swim belts are transitional.

## **LEVEL II SCHOOL AGE** - (5 years and up) PRIMARY SKILLS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 10:15-10:45, 10:45-11:15, 12:00-12:30

**PURPOSE:** To transition swimmers off of floatation devices.

**COURSE CONTENT:** Independent floating and kicking on front and back, locomotion advancement and personal safety. Swim belts are transitional.

## **LEVEL III PRESCHOOL** - (3-5 years) DEVELOPED FOR THE INDEPENDENT SWIMMER

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 12:30-1:00

**PURPOSE:** To develop over arm strokes on front and back and to work towards completing a lap.

**COURSE CONTENT:** Rhythmic breathing, combined stroke on front and back, reaching and extension assists.

**No swim belts are worn.**



## **LEVEL III SCHOOL AGE** - (5 years and up) DEVELOPED FOR THE INDEPENDENT SWIMMER

**FEE:** \$75.00

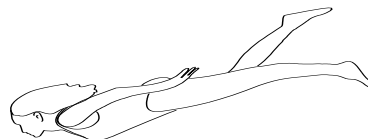
**SATURDAY**

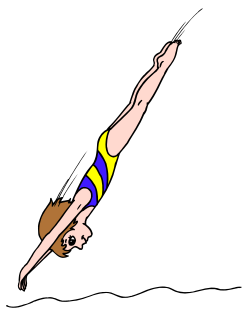
**TIMES:** 9:45-10:15, 10:45-11:15

**PURPOSE:** To develop over arm strokes on front and back and to work towards completing a lap.

**COURSE CONTENT:** Rhythmic breathing, combined stroke on front and back, reaching and extension assists.

**No swim belts are worn.**





# YOUTH AQUATIC PROGRAMS



## **LEVEL IV** - (5 years and up) STROKE READINESS

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 10:15-10:45, 12:30-1:00

**PURPOSE:** Increase swimmer's competency and safety skills.

**COURSE CONTENT:** Fundamentals of elementary backstroke, breaststroke kick and continued work on freestyle and backstroke form and endurance. **No swim belts are worn.**

## **LEVEL V** - (5 years and up) STROKE DEVELOPMENT

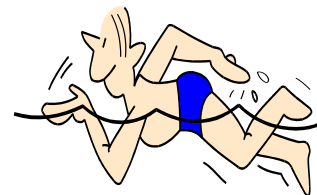
**FEE:** \$75.00

**SATURDAY**

**TIMES:** 12:30-1:00

**PURPOSE:** Develop confidence and competency in stroke and safety skills beyond preceding levels.

**COURSE CONTENT:** Dives from the side of the pool. Breaststroke and sidestroke, turns at the wall. Butterfly kick and endurance work. **No swim belts are worn.**



## **LEVEL VI** - (6 years and up) STROKE REFINEMENT

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 11:30-12:00

**PURPOSE:** Stroke refinement

**COURSE CONTENT:** Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Introduction of butterfly, surface and spring board dives. **No swim belts are worn.**

## **LEVEL VII** - (6 years and up) STROKE PROFICIENCY

**FEE:** \$75.00

**SATURDAY**

**TIMES:** 11:30-12:00

**PURPOSE:** Develop maximum efficiency and endurance of strokes. Introduce surface dives and flip turns.

**COURSE CONTENT:** Approach and hurdle on diving board, tuck and pike surface dives and alternate kicks for treading water. Advanced swim workout. **No swim belts are worn.**

## **ADAPTIVE AQUATICS** — (6 months to 17 years of age)

**FEE:** \$56.00

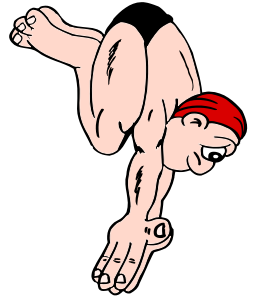
**SATURDAY**

**TIMES:** TBA

Swimming for the physically and mentally challenged. Must see the aquatic director, if not previously enrolled in class. Times will be assigned prior to the first class.



# ADULT AQUATIC PROGRAMS



## **ADULT AQUA AEROBICS** - (Ages 18 and older)

**FEE:** \$70.00

**DATES:** Mondays & Wednesdays, Sept. 15 – Nov. 3 **TIME:** 7:35-8:35 p.m.  
(14 sessions) **No class 10/13**

**COURSE OBJECTIVE:** To increase flexibility and range of motion with the water providing a cushion for joints and bones while exercising the entire body. A challenge workout! **NO SWIMMING EXPERIENCE IS NEEDED.**

## **ADULT SWIM LESSONS** - (Ages 18 and older)

**FEE:** \$75.00

**DATES:** Wednesdays, September 16 – October 28  
(7 Sessions)

**TIME:** 7:00-7:30 p.m.

**BEGINNER COURSE OBJECTIVE:** Tailored to specific student goals such as: overcoming fear of water, learning the crawl stroke and self-survival techniques.

**INTERMEDIATE COURSE OBJECTIVE:** To improve stroke, kick, and breathing techniques, aerobic improvement and plan workouts for the recreational and competitive swimmer.



## **SPECIAL NEEDS SWIMMING** - (Ages 18 and older)

**FEE:** \$56.00

**DATES:** Saturdays, September 19 – October 31  
(7 Sessions)

**TIME:** TBA

**COURSE OBJECTIVE** - Swimming for the physically and mentally challenged. You must see the aquatic director, if not previously enrolled in this class. Times will be assigned prior to the first class.

### **THE WALTER J. GAWRYCH COMMUNITY POOL**

IS A STATE OF THE ART AQUATIC FACILITY FEATURING AN 8 LANE, 25-YARD POOL, WITH TWO 1- METER DIVING BOARDS, AND SUPPORT FACILITIES TO ACCOMMODATE. THE POOL IS ACCESSIBLE TO THOSE WITH SPECIAL NEEDS AND DISABILITIES. THE POOL IS OPEN TO RESIDENTS OF NORTH HAVEN AND THEIR GUESTS ACCORDING TO THE SCHEDULES POSTED ON A DAILY FEE OR MEMBERSHIP BASIS. **POLICY-ANY CHILD 6 YEARS OF AGE OR IN FIRST GRADE (WHICHEVER COMES FIRST) MUST USE THE APPROPRIATE GENDER LOCKER ROOM. THERE WILL BE LIMITED ACCESS TO THE STAFF LOCKER ROOM. PLEASE REMEMBER THAT THE STAFF LOCKER ROOM IS LIMITED AND CAN NOT ACCOMMODATE LARGE NUMBERS. CHILDREN 8 YEARS AND UNDER MUST BE ACCOMPANIED BY AN ADULT IN THE POOL. CHILDREN MUST BE 9 YEARS OLD AND ABLE TO SWIM ONE LENGTH OF THE POOL WITH THE USE OF A FLOATATION DEVICE IN ORDER TO BE LEFT ALONE. NO FOOD OR BEVERAGE (OTHER THAN BOTTLED WATER) IS ALLOWED IN THE POOL FACILITY. THESE AREAS INCLUDE: THE WOMEN'S AND MEN'S LOCKER ROOMS, THE POOL DECK, POOL FOYER, AND THE POOL OFFICE. BATHING CAP POLICY - BATHING CAPS MUST BE WORN IF HAIR IS LONGER THAN ONE'S NECKLINE.**



# YOUTH PROGRAMS

## GYMNASTICS



**IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE PROGRAMS ARE IN SESSION.** (NOTE: *TEENY TOTS, TINY TOTS, KINDER KRAFTS, OPEN GYM FOR TOTS, TOTS AND TUNES AND ULTIMATE BALL TIME DO NOT APPLY.*)

**ALL STUDENTS MUST BE IN BARE FEET. LEGGINGS ARE ACCEPTABLE. PLEASE DO NOT WEAR TIGHTS WITH FEET. LOOSE, COMFORTABLE CLOTHING OTHER THAN JEANS IS PERMITTED. SHOULDER LENGTH HAIR OR LONGER MUST BE TIED BACK. NO JEWELRY OF ANY KIND IS PERMITTED.**

### **TUMBLING TWOS** - (2 years old by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24

**TIME:** 9:15-10:00 a.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

(6 sessions)

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute.

**CLASS SIZE IS LIMITED!**

### **TWIRLING THREES** - (3 years old by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24

**TIME:** 9:15-10:00 a.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

(6 sessions)

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute.

**CLASS SIZE IS LIMITED!**

### **FROLICKING FOURS** - (4 years old by start of program)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24

**TIME:** 10:15-11:00 a.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

(6 sessions)

This course is designed to enhance coordination, increase confidence and teach new skills. Participants will be safely introduced to equipment; balance on the beam and swing on the bars. There will be lots of playing with beanbags, balls and even a parachute.

**CLASS SIZE IS LIMITED!**



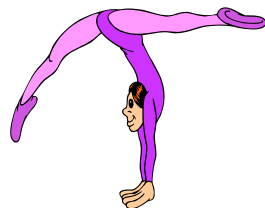


# YOUTH PROGRAMS

## GYMNASTICS

**IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION.** (NOTE: *TEENY TOTS, TINY TOTS, KINDER KRAFTS, OPEN GYM FOR TOTS, TOTS AND TUNES, AND ULTIMATE BALL TIME DO NOT APPLY.*)

**ALL STUDENTS MUST BE IN BARE FEET. LEGGINGS ARE ACCEPTABLE. PLEASE DO NOT WEAR TIGHTS WITH FEET. LOOSE, COMFORTABLE CLOTHING OTHER THAN JEANS IS PERMITTED. SHOULDER LENGTH HAIR OR LONGER MUST BE TIED BACK. NO JEWELRY OF ANY KIND PERMITTED.**



### **MINI STARS** - (Ages 5 and K)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 10:15-11:00 a.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

Learn movement and gymnastics skills in this fun-filled class designed to enhance coordination. Basic skills will be safely introduced on balance beam and uneven bars. Tumbling skills will be taught with a focus on technique. **CLASS SIZE IS LIMITED!**

### **ROLLERS** - (1<sup>st</sup> and 2<sup>nd</sup> Grade)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 11:15 a.m.-12:00 p.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

This program is designed to enhance self-discipline and safety awareness on apparatus. Basic tumbling, cartwheels, handstands, and more will be taught in this exciting 45-minute class. **CLASS SIZE IS LIMITED!**

### **TWISTERS** - (3<sup>rd</sup> - 5<sup>th</sup> Grade)

**FEE:** \$56.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 11:15 a.m.-12:00 p.m.

**INSTRUCTORS:** Joanne Nelson & Cory Carman

This course is designed to develop strength, flexibility and grace. Participants will be safely introduced to balance beam and bars, emphasizing skill and technique. **CLASS SIZE IS LIMITED!**





# YOUTH PROGRAMS

**IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION.** (NOTE: *TEENY TOTS, TINY TOTS, KINDER KRAFTS, OPEN GYM FOR TOTS, TOTS AND TUNES, AND ULTIMATE BALL TIME DO NOT APPLY.*)

## **BALLET, TAP & CREATIVE MOVEMENT** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$75.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 10:00-10:30 a.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo

This class could be the beginning of your child's dance training. Your child will have the opportunity to try different styles of dancing without the costly expenses that come with private dancing. This program is designed to introduce basic dance skills in Ballet and Tap while learning Creative Movement with their bodies, with emphasis on technique and terminology.

**Class attire:** bodysuit, tights, ballet shoes, tap shoes, and a water bottle. **CLASS SIZE IS LIMITED!**

## **CONTEMPORARY/MODERN DANCE** – (5 - 11 years w/jazz & ballet experience)

**FEE:** \$43.00

**DATE:** Mondays, Sept. 14 – Oct. 26  
(6 sessions) **No class 10/12**

**TIME:** 7:00-8:00 p.m.

**INSTRUCTOR:** Joanna Gorski

or  
**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

**TIME:** 6:15-7:15 p.m.



Can't get enough of ballet and jazz class? Come join in on all of the fun that goes on in a contemporary/modern dance class. It will not only expand your child's dancing world knowledge but will give them a way to express themselves through music and movement. **Class Attire:** jazz shoes or bare feet, leggings and a comfortable shirt

## **HIP-HOP** - (Boys and Girls, Ages 3 - 5)

**FEE:** \$75.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 10:45-11:15 a.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo

"Come experience the Fun of Dance" with Miss Roxie of Dance Productions. Learn the newest moves of Hip-Hop and the fundamentals of dance while promoting self-confidence. Emphasis will be on style, technique, and terminology while acquiring basic dance skills. This class is designed to introduce basic dance skills in Hip-Hop. Don't miss out on all the fun. See you in class! **Class attire:** dance wear, sneakers, and water bottle. **CLASS SIZE IS LIMITED!**



## **HIP-HOP** - (Grades 1 - 8)

**FEE:** \$95.00

**DATE:** Tuesdays, Sept. 15 – Oct. 20  
(6 sessions)

**TIME:** 5:30-6:15 p.m.

**INSTRUCTOR:** Roxanne Piccerillo-Mongillo

Or  
**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 9:00-9:45 a.m.

"Come experience the Fun of Dance" with Miss Roxie of Dance Productions. Learn the newest moves of Hip-Hop and the fundamentals of dance while promoting self-confidence. Emphasis will be on style, technique, and terminology, while acquiring basic dance skills. This class is designed from beginner to the advanced dancer. Don't miss out on all the fun. See you in class! **Class attire:** dance wear, sneakers, a water bottle, and a hand towel. **CLASS SIZE IS LIMITED!**

# YOUTH PROGRAMS

IN ORDER TO FACILITATE THE LEARNING PROCESS, PARENTS ARE ASKED TO USE THE WAITING AREAS LOCATED IN THE MAIN HALLWAY WHILE YOUTH PROGRAMS ARE IN SESSION. (NOTE: TEENY TOTS, TINY TOTS, KINDER KRAFTS, OPEN GYM FOR TOTS, TOTS AND TUNES, AND ULTIMATE BALL TIME DO NOT APPLY.)

## **JAZZ & BALLET** – (5 - 11 years)

**FEE:** \$43.00

**INSTRUCTOR:** Joanna Gorski

**DATE:** Mondays, Sept. 14 – Oct. 26  
(6 sessions) **No class 10/12**

**TIME:** 5:45-6:45 p.m.

or

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

**TIME:** 5:00-6:00 p.m.



Come join all of the fun after a long day at school with a classical ballet and jazz class. In this class we will be doing ballet for the first half and then get into some jazz movement in the second half. Your child will develop basic ballet foundations that will allow him/her to expand their dancing into other styles such as jazz. You don't want to miss it! **Class attire:** plain dance leotard, ballet tights, ballet slippers, and jazz shoes.



## **KINDER DANCE** - (Ages 3 - 5)

**FEE:** \$75.00

**INSTRUCTOR:** Francine Mira

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 9:00-10:00 a.m.

Kinderdance® is a planned developmental dance/movement and fitness program taught in 3 levels, teaching the basics of **Ballet, Tap, Acrobatics, Motor Skills and Creative Movement** while blending educational concepts. Progress reports are given after each level is completed. All classes are taught by certified Kinder Dance franchisees/teachers.

## **LITTLE SCIENTISTS** - (Boys and Girls, Ages 3 – Grade 5)

**FEE:** \$113.00

**INSTRUCTOR:** Little Scientists Staff

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

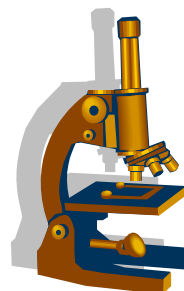
**TIME:** 4:00-4:45 pm (age 3 – grade 2)  
5:00-5:45 pm (grades 3 – 5)

Or

**DATE:** Thursdays, Nov. 5 – Dec. 17  
(6 sessions) **No class 11/26**

**TIME:** 4:00-4:45 pm (age 3 – grade 2)  
5:00-5:45 pm (grades 3 – 5)

Little Scientists is an exciting hands-on / minds-on, inquiry-based, science program. Little Scientists has created over 450 science lessons that allow children, in Pre-K through 5th grade, to explore many exciting science topics. Our programs include 45-minute classes that incorporate multiple experiments during each class, along with innovative age appropriate science curriculum. Each class also includes a home / school component that provides parents the opportunity to follow what their children have learned. For additional information, please visit our web-site at [www.little-scientists.com](http://www.little-scientists.com).



# YOUTH PROGRAMS

## PARENT & CHILD INTERACTION PROGRAMS



### **KINDER KRAFTS** - (Ages 2 - 5 yrs. w/parent)

**FEE:** \$45.00

**DATE:** Tuesdays, Sept. 15 – Oct. 20

**TIME:** 11:00-11:45 a.m.

**INSTRUCTOR:** Jennifer Parker

(6 sessions)

Take some time to be with your child and meet other parents and their children. Make a different craft each week to take home. Music and play will be included where time allows. Look for this program in our art section as an independent class for older children. **Parents must accompany Kinder Krafts participants. Only children registered may participate.**



### **MINDFULNESS IN MOTION** - (Ages 3 – 4 yrs. w/parent)

**FEE:** \$75.00

**DATE:** Tuesdays, Sept. 8 – Oct. 13

**TIME:** 9:30-10:30 a.m.

**INSTRUCTOR:** Lisa Burton

(6 sessions)

Learn to create and sustain a Mindful and Stress-Free Lifestyle for you and your Family. Current Neuroscience supports the value of Mindfulness Tools to reduce worry, stress and anxiety while improving sleep, self-esteem, relaxation and self-awareness for adults and children alike. Each Weekly Themed Class begins with a Gathering & Sharing, followed by a Music & Movement Activity, a Craft and concludes with a Relaxation Activity. You will leave this hands-on, interactive class with practical tools and activities to improve your family's overall health and well-being. Includes extension activities for home carryover. Lisa Burton, MPH, OTR/L is a Pediatric Occupational Therapist specializing in Mindfulness Practices and is a Level II Emei QiGong Practitioner.

### **TEENY TOTS** - (Ages 1½ - 2 years w/parent)

**FEE:** \$38.00

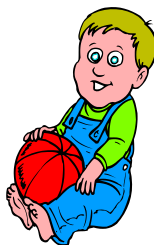
**DATE:** Thursdays, Sept. 17 – Oct. 22

**TIME:** 9:30-10:15 a.m.

**INSTRUCTOR:** Jennifer Parker

(6 sessions)

An introduction to rhythmic movement, balance and socialization skills. Each class begins with 15-20 minutes of free play followed by circle time, marching to music, parachute games, and a weekly activity. **Parents must accompany Teeny Tot participants. Only children registered may participate.**



# YOUTH PROGRAMS

## PARENT & CHILD INTERACTION PROGRAMS

### **TINY TOTS** - (Ages 2 – 3 years w/parent)

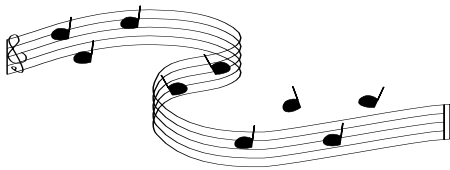
**FEE:** \$38.00

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

**TIME:** 10:15-11:00 a.m.

**INSTRUCTOR:** Jennifer Parker

An introduction to rhythmic movement, balance and socialization skills. Each class begins with 15-20 minutes of free play followed by circle time, marching to music, parachute games and a weekly activity. **Parents must accompany Tiny Tot participants. Only children registered may participate.**



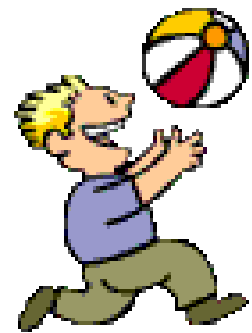
### **TOTS AND TUNES** - (Ages 1 - 5 years w/parent) **DATE:** Tuesdays, Sept. 15 – Oct. 20 **TIME:** 10:15-10:45 a.m.

**FEE:** \$38.00

(6 sessions)

**INSTRUCTOR:** Jennifer Parker

Tots and Tunes offers **young children and their parents** the opportunity to learn, create, and respond to music. Classes provide fun-filled opportunities to explore music through nursery rhymes, finger games, traditional and international songs, holiday themes, and more. Through music, a child can increase his or her vocabulary, develop natural rhythm, define motor and communication skills, enhance natural talent and ability, and bolster creativity. While encouraging self-expression and group participation, Tots and Tunes will increase your child's appreciation for music. **Parents must accompany Tots and Tunes participants. Only children registered may participate.**



### **ULTIMATE BALL TIME** - (Ages 2 - 5 years w/parent)

**FEE:** \$42.00

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

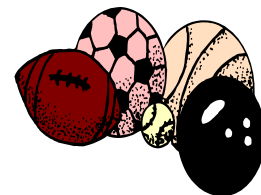
**TIME:** 11:15 a.m. – 12:00 p.m.

**INSTRUCTOR:** Jennifer Parker

Come and have fun with your child! In this informal introduction to the basics of fun in sports, your preschooler will play with soccer balls, nerf balls, kick balls and even mini basketballs. There is bound to be lots of running, kicking and bouncing! You will laugh with your child as they learn about balance, hand-eye coordination and team work. **Parents must accompany Ultimate Ball Time participants. Only children registered may participate.**

# YOUTH PROGRAMS

## SPORTS



### **AFTER SCHOOL SPORTS WITH FUN SPORTZ AMERICA** - (Boys and Girls, Grades 1 - 5)

**FEE:** \$90.00

**DATE:** Mondays, Sept. 14 – Oct. 26

**TIME:** 5:00-5:45 p.m.

**INSTRUCTOR:** Fun Sportz America Staff

(6 sessions) **No class 10/12**

Come and join Fun Sportz America in this fun-filled after school activity! The children will be introduced to different sports during this session. Instruction will be given in each sport covered followed by game play. The children will be divided into groups based on age and ability. Children must wear sneakers and should bring a bottle of water for this program. **CLASS SIZE IS LIMITED!**



### **LEARN TO SKATE** - (Ages 3 to adult)

**FEE:** \$135.00

**DATE:** Fridays, Oct. 16 – Dec. 4

**TIME:** 5:30-6:30 p.m.

**INSTRUCTOR:** Northford Ice Pavilion Staff

(8 sessions)

**LOCATION:** Northford Ice Pavilion  
Northford, CT

This Learn to Skate program will introduce your child or yourself to the basics of ice skating. Group placement is made according to age and ability. The first lesson will be an evaluation of skaters' ability, arranging of classes and the proper placement of skaters. Some changes in placement may also be made during class if needed. Teachers will be available after class to discuss any questions or comments you may have regarding your child's progress. The rental of skates is included for each lesson. **In case of inclement weather, the class will be cancelled by the Northford Ice Pavilion Staff. You can contact the Northford Ice Pavilion at 203-484-4054.**

### **LIL' SPORTZ** - (Boys and Girls, Ages 3 – 5)

**FEE:** \$90.00

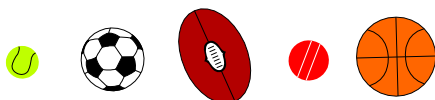
**DATE:** Wednesdays, Sept. 16 – Oct. 21

**TIME:** 5:00-5:45 p.m.

**INSTRUCTOR:** Fun Sportz America Staff

(6 sessions)

Come and join Fun Sportz America in this fun-filled, after-school activity! The children will be introduced to different sports during this session. Instruction will be given in each sport covered followed by game play. The children will be divided into groups based on age and ability. Children must wear sneakers and should bring a bottle of water for this program. Space is limited!!



### **PRE-SEASON HOOPS** - (Ages 5 - 10)

**FEE:** \$65.00

**DATE:** Wednesdays, Sept. 16 – Oct. 21

**TIME:** 6:00-6:45 p.m. (5-7 yrs.)

**INSTRUCTORS:** Jodi Rooney & Barry Kleinberg

(6 sessions)

7:00-7:45 p.m. (8-10 yrs.)

Pre-Season Hoops will focus on the development of the complete player. A strong emphasis on fundamentals. Players will participate in drills to improve passing, dribbling, shooting, rebounding, and defense. A great pre-season work out for all skill levels.



# YOUTH PROGRAMS SPORTS



## **TAEKWON - DO** - (Ages 6 - 12)

**FEE:** \$80.00

**DATE:** Mondays, Sept. 14 – Oct. 26  
(6 sessions) **No class 10/12**

**TIME:** 6:00-7:00 p.m.

**INSTRUCTOR:** John Bashta

Bashta's Martial Arts holds the philosophy that you cannot know where you are going if you do not know where you've been. Our introductory program is designed for children between the ages of 6 and 12. While learning the fundamental kicks, strikes and blocks, the student will also be learning balance and coordination. We strive to instill in all our students the old world values of respect and discipline, while teaching self-defense and building self-esteem in a fun and exciting atmosphere.

## **TODDLER HOOPS** - (Ages 3 – 4)

**FEE:** \$40.00

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

**TIME:** 6:00-6:45 p.m.

**INSTRUCTOR:** Jodi Rooney

Toddler Hoops will introduce your child to the sport of basketball and prepare them for more organized basketball. Instruction will be given on dribbling, passing, shooting, catching and defense. The beginning of each class will begin with warm-up exercises. **Please make sure each child wears sneakers and brings a water bottle.**

## **YOUTH TENNIS CLINIC** - (Ages 13 – 17)

**FEE:** \$60.00

**DATE:** Saturdays, Sept. 12 – Oct. 17  
(6 sessions)

**TIME:** 8:00-9:00 a.m.

**INSTRUCTOR:** Bob Migliorini

**LOCATION:** NHHS Tennis Courts  
(Maple Avenue)



The objective of the youth tennis clinics are to introduce participants to the game of tennis and build their skills in the game through a combination of formal instruction, drills, and fun games. The clinics are intended for beginner and intermediate level players. Formal instruction will be provided on the following strokes: forehand, backhand, serve and return of serve, volley, lob, and overhead. In addition, participants will learn about tennis scoring, rules of the game, tennis etiquette, singles play strategy, and doubles play strategy. Each clinic will start with a warm-up, followed by formal instruction on a stroke or technique, followed by drills to practice the stroke or technique, and finally supervised games to apply the teachings in play situations. Participants should wear sneakers and bring a racquet to each clinic. Bob Migliorini is the North Haven High School Girls Tennis Coach. If you have any questions about the clinic, please contact Bob at [rampatlaw@gmail.com](mailto:rampatlaw@gmail.com). **Rain dates if needed: October 24, 31.**

## **ZUMBA® KIDS** - (Ages 7 - 11)

**FEE:** \$50.00

**DATE:** Mondays, Sept. 14 – Oct. 26  
(6 sessions) **No class 10/12**

**TIME:** 6:00-6:45 p.m.

**INSTRUCTOR:** Joy Hutson

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

**How It Works:** Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**Benefits:** Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

# NORTH HAVEN SPECIAL OLYMPICS

## SPONSORED BY DEPT. OF COMMUNITY SERVICES & RECREATION

**NORTH HAVEN SPECIAL OLYMPICS** – The mission of North Haven Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them opportunities to develop physical fitness, demonstrate courage, experience joy and friendship with their families, other Special Olympians and the community. (All sports programs consist of team format competitions, as well as individual skill development competitions. Players are assigned to either the team or individual formats based on ability. Dates for regional and state competitions will be provided at the beginning of each sport season.)

**Contact:** Stephanie Cerrato, [mrs.stephc@hotmail.com](mailto:mrs.stephc@hotmail.com)



**UNIFIED BASKETBALL** - (Ages 16 years and older)

**FEE:** \$10.00

**DATE:** Wednesdays, Sept. – Nov.

**TIME:** 6:30-8:00 p.m.

**LOCATION:** North Haven Middle School

**Registration:** Monday, Aug. 10, 2015, 6:00 p.m., North Haven Recreation Center

**Check payable to:** Treasurer, Town of North Haven



**UNIFIED FOOTBALL** - (Ages 16 years and older)

**FEE:** \$10.00

**DATE:** September 6

**TIME:** 9:30 a.m.

**LOCATION:** Grover Wyman Field,  
Blakeslee Avenue, North Haven

**Check payable to:** Treasurer, Town of North Haven



**SWIMMING** - (Ages 8 years and older)

**FEE:** \$10.00

**DATE:** Tuesdays, Oct. 6 –

**TIME:** 6:00-6:45 p.m. (6-15 yrs.)

6:50-8:00 p.m. (16 yrs. and older)

**Check payable to:** Treasurer, Town of North Haven

**LOCATION:** Walter J. Gawrych Pool

# NORTH HAVEN SPECIAL OLYMPICS

## SPONSORED BY DEPT. OF COMMUNITY SERVICES & RECREATION

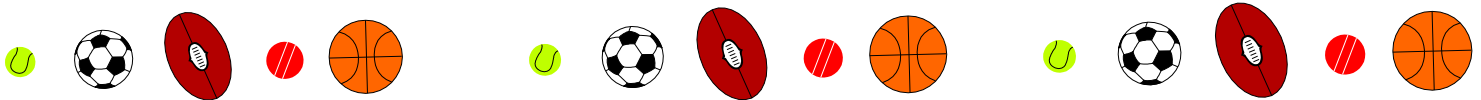
### **VOLUNTEER OPPORTUNITIES (UNIFIED SPORTS)** - (Ages 12 years and older)

Unified Sports is a program that combines approximately equal numbers of individuals with and without intellectual disabilities on the same sport team for training and competition. Unified Sports is an important program because it expands sports opportunities for athletes and volunteers wanting to seek new challenges. In addition, Unified Sports helps break down barriers that have historically kept people apart.

Teams are constructed in such a way as to provide training and competition opportunities that meaningfully challenge and involve all athletes. These opportunities often lead to improved sports skills, higher self-esteem, equal status with peers and new friendships.

Basketball (September – November)

Softball (June – September)



### **COACHING** - (Ages 18 years and older)

We are always looking for new coaches in the sports we offer. You do not need to have experience working with individuals with intellectual disabilities. Training and support will be provided. You must have experience in sports you want to coach.

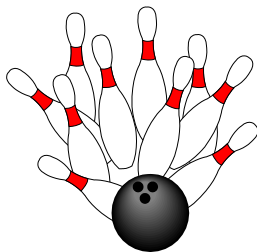


# ADAPTIVE RECREATION

## **ADULT SOCIAL NIGHT** -

Varied social activities for adults who have a developmental disability. A detailed flyer with further information will be available in late August. The flyer will be emailed or mailed to those on our mailing list. Otherwise, you may stop by and pick one up or call to be added to the mailing list.

**SPECIAL NEEDS BOWLING** - Dates for Special Needs Bowling at Colony Lanes in Wallingford will be available on a flyer at a later date.



**Please note: This is a recreational offering for individuals with special needs only.**



# YOUTH/ADULT PROGRAMS INDEPENDENT LEAGUES/CLUBS

## **NORTH HAVEN SKI CLUB -**

North Haven Ski Club is open to everyone in North Haven and surrounding towns. We are a family ski club that meets on several Wednesday evenings a month at the North Haven Recreation Department, 7 Linsley Street, from 6:30-7:30 p.m. from January thru March. We offer some Saturday or Sunday charter bus trips to various Vermont/New Hampshire ski resorts with alpine skiing, snowboarding, X-country skiing, tubing and snowshoeing from January to late March at a greatly discounted price for our members and their families. We leave early Sunday mornings from the Super Stop & Shop parking lot. We are members of the Ct. Ski Council which offer a variety of discounted ski days at Vermont/New Hampshire ski areas thru the ski season and Bulk tickets which are discount lift tickets at many V.T/NH ski resorts for a great discounted price thru the ski season with no blackout dates, plus many other ski discounts. Don't pay full price, ski clubs are the way to save.

**Bulk ticket orders:** September 30th & October 7th @ 6:30 pm, K of C, North Haven

**Open House:** November 4 @ 7pm, K of C, North Haven

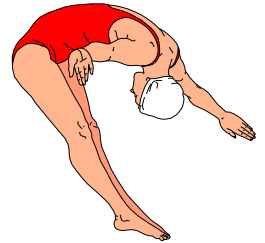
**Membership Prices:**     **H.S Student:** \$15.00     **College Student:** \$20.00     **Single:** \$30.00     **Family:** \$55.00

For more information, you can contact Annette Murphy at 234-1985 or e-mail [dapdmurph@aol.com](mailto:dapdmurph@aol.com) for a listing of our weekly trips and prices. One child under the age of 12 years of age can ride the bus for free if accompanied by a paying adult. North Haven Ski Club was established in 1970. We are members of the Connecticut Ski Council; a group of over 41 ski clubs in CT., NY., MA, RI.



## **NORTH HAVEN SOCCER CLUB -**

**Registration for Fall Soccer will be handled online by the North Haven Soccer Club not the Recreation Department.** For more information, please visit our website [www.northhavensoccerclub.org](http://www.northhavensoccerclub.org) or email Kathy Carboni at [nhscadmin@comcast.net](mailto:nhscadmin@comcast.net) or e-mail Adam Acquarulo [adam\\_shelly@sbcglobal.net](mailto:adam_shelly@sbcglobal.net) if you have any questions. Clinic and In-Town leagues play on Wednesdays and Saturdays.



## **HAMDEN/NORTH HAVEN SWIM CLUB -**

HNHS offers YMCA and US Swimming training and competition year round. Levels of instruction and training are based on the swimmer's individual needs and ability. The basic goal is to help each swimmer obtain fundamentals in swimming mechanics, technique and training.

Swimmers ages 5 through 18 are invited to try out. Advancing swimmers are placed in groups based on their skill level.

The upcoming fall/winter season runs September 2015 through February 2016. Actual days and times to be determined.

**Tryout:** Wednesday, September 9, at the North Haven Walter J. Gawrych Community Swimming Pool

**Registration:** Wednesday, September 9, at the North Haven Recreation Center from 5:00 – 7:00 p.m.

**Start:** Monday, September 14th

**For additional information, please contact our HNHS program director, Rick Lucan at 203-494-9847 or [ricklucan@hotmail.com](mailto:ricklucan@hotmail.com).**



# ADULT PROGRAMS



## **ADULT TAEKWON - DO** – (All ages-yellow belt or higher)

**FEE:** \$80.00

**DATE:** Mondays, Sept. 14 – Oct. 26

**TIME:** 7:00-8:00 p.m.

**INSTRUCTOR:** John Bashta

(6 sessions) **No class 10/12**

At Bashta's Martial Arts, our adult program is specially designed for students 13 years and older. Through our innovative program, students will learn the fundamental kicks, strikes and blocks while building flexibility and cardiovascular health. Our program is a great way to reduce stress and maintain overall wellness. Whether you are looking to embark on a life-long journey through the martial arts or simply to relieve tension and get fit, Bashta's Martial Arts has something for you!

## **AERIAL YOGA** - (18 years and older)

**FEE:** \$95.00

**DATE:** Thursdays, Sept. 24 – Oct. 15

**TIME:** 6:45-7:45 p.m.

**INSTRUCTOR:** Studio Ascend Staff

(4 sessions)

**LOCATION:** 26 Broadway, North Haven

Studio Ascend Aerial Yoga Flow has deep roots in Unnata Aerial Yoga founded by Michelle Dortignac. This 4-week series will help you explore self-trust, letting go of resistance and softening of the body and mind.

Like floor yoga, you are guided through a sequence using a looped silk fabric (hammock) as a yoga prop that helps to take you to a higher level in your practice. The hammock helps you to balance and move into postures easily and effortlessly allowing for a fun but challenging practice. You're able to deepen your practice by allowing gravity to take over. The suspension allows one to experience a deeper, full-body stretch, decompress the spine, align the body and strengthen the muscles. While increasing your energy/prana you are able to promote increased body awareness and experience and explore inversions and backbends without fear.

**Attire:** dress in layers and wear at least a quarter sleeved shirt so that your arms are slightly covered. **Please do not wear scented lotion or perfume. No metal jewelry or clothing that has metal attachments. CAUTION:** Physician consultation and caution is recommended for the following: high blood pressure, pregnancy, glaucoma/cataracts, arthritis in hands or feet, open wounds or contagious skin conditions.



## **BEGINNER BALLROOM** - (16 years and older)

**FEE:** \$50.00

**DATE:** Saturdays, Sept. 19 – Oct. 24

**TIME:** 10:00-11:00 a.m.

**INSTRUCTOR:** Joanna Gorski

(6 sessions)

Ever wish that you could dance with the greatest elegance and grace? Interested in starting something new that will give you the energy and exercise you are looking for all in a one-hour span of time? Waltz into your Saturday morning the right way, and walk out knowing how to do a sharp tango. You won't regret it! **Class attire:** comfortable clothing and any shoes that will allow you to dance comfortably! (No partner required)



# ADULT PROGRAMS



**FITNESS FUN** - (Ages 18 years and older)

**FEE:** \$68.00

**INSTRUCTOR:** Robin Gribben

**DATE:** Mon. /Wed. /Fri., Sept. 9 – Nov. 13  
(27 sessions) **No class 10/12, 11/11**

**TIME:** 10:00-11:00 a.m.

Fitness Fun is a great way to get moving! This is an easy class that anyone can do. Fitness Fun is low impact aerobics. During this class, we will tone all those hard to get areas using weights and bands. Participants will be introduced to some Yoga and Pilates moves as well. You will leave this class feeling better than you did before you came!

Please note: Substitute teachers may be used.



**INTERMEDIATE/ADVANCED LATIN MOVEMENT** - (16 years and older)

**FEE:** \$50.00

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 11:15 a.m.-12:15 p.m.

**INSTRUCTOR:** Joanna Gorski

Can't get enough of the Beginner Ballroom or Zumba classes? Come and join in on all of the fun and snappy Latin dance movement during this hour-long class. It will get your energy pumping and improve your technique, so you can show off your moves during a weekend night out. **Class attire:** comfortable clothing and any shoes that will allow you to dance!

(No partner required)

**MEN'S 18 AND OLDER OPEN GYM** - Dates for Men's 18 & older open gym at Ridge Road Elementary School will be available on a flyer at a later date. Open gym usually begins in November and runs through April.



# ADULT PROGRAMS



## **MULAN CHUAN** – (16 years and older)

**FEE:** \$43.00

**INSTRUCTOR:** Jichun Sun

**DATE:** Thursdays, Sept. 17 – Oct. 22  
(6 sessions)

**TIME:** 6:00-7:30 p.m.

or

**DATE:** Saturdays, Sept. 19 – Oct. 24  
(6 sessions)

**TIME:** 10:00-11:30 a.m.

Inspired by traditional and classical movements from theater, dance, and the martial arts, Mulan Chuan is modern China's movement art form. The physicality draws upon chivalrous grace and peaceful strength and is marvelous for achieving good health and inner balance. Stately swords and fluttering fans are used in Mulan Chuan, but the practitioners are everyday folk – male, female, young and old – proving to themselves that legends come alive. No wonder Mulan Chuan's popularity has spread from Shanghai, where it started during the 1970s, throughout China and across the oceans to Europe, Southeast Asia and the Americas.

Jichun Sun was born in 1962 in Hubei Province, China. She is an acclaimed performer and practitioner of Mulan Chuan. Since 2011, she has taught at the Southern Connecticut Chinese School at SCSU. Her classes are dynamic yet relaxed and convivial. Drawing upon her distinguished background in classical Chinese dance and opera, she imparts a rigorous sense of drama and finesse to every movement. She studied opera and dance since she was 13 years old. As a professional drama actor, she performed with both the Hubei Opera and the Beijing Opera. In 1976, she also started directing and producing opera and dance performances. In the early 1990s, she began studying Mulan Chuan and eventually became a senior coach of Chinese Mulan Dance. After moving to the United States, she established the Chinese Mulan Art Institute in the United States. In addition to teaching, she also continues to perform Mulan Chuan throughout Connecticut in public libraries, universities and schools, and especially during the Chinese New Year celebrations. Jichun's classes are open to anyone, male or female, 16 years of age or older, regardless of whether they have studied dance before. Students should wear loose comfortable clothing and sneakers or dance shoes.

## **PRENATAL/POSTNATAL YOGA** - (18 years and older)

**FEE:** \$130.00

**INSTRUCTOR:** Studio Ascend Staff

**DATE:** Sundays, Sept. 13 – Nov. 15  
(10 sessions)

**TIME:** 6:00-7:00 p.m.

**LOCATION:** 26 Broadway, North Haven

Prenatal/Postnatal Yoga program is suited for both the beginning yoga student who is finding yoga for the first time while pregnant and also for continuing students who have practiced prior to conception. Classes are designed for students of all levels of yoga practice in their 2<sup>nd</sup> & 3<sup>rd</sup> trimesters and in the months postpartum. In prenatal yoga, we help women prepare for labor and delivery by working specific areas used in labor and delivery. Our postnatal classes focus on renewing mom and meeting the needs of baby and the new mother. Regular attendance assures that you will consistently practice these exercises for greater benefits. You may begin attending our postnatal classes as soon as you feel up to it. You can fully participate at around 6 weeks postpartum.



# ADULT PROGRAMS

## **YOGA ALIGNMENT** - (18 years and older)

**FEE:** \$95.00

**DATE:** Mondays, Sept. 14 – Oct. 19  
(6 sessions)

**TIME:** 6:45-7:45 p.m.

**INSTRUCTOR:** Studio Ascend Staff

**LOCATION:** 26 Broadway, North Haven

This 6-week, Monday-night series is for beginners or for those looking to revisit the basics of yoga. Learn to find healthy alignment in order to experience a rewarding practice that leads one to a deeper sense of self. This series focuses on learning the foundations of a yoga practice while learning creative ways to modify poses to feel comfortable, safe, and prevent injury. You will learn ways to increase strength, flexibility and stability. Each class will emphasize specific yoga postures, giving students the opportunity to get more hands-on assistance and detailed demonstration so students can turn the thought of "Am I doing this right" into "This feels right".



## **YOGA VINYASA HOLD & FLOW** - (18 years and older)

**FEE:** \$130.00

**DATE:** Tuesdays, Sept. 15 – Nov. 17  
(10 sessions)

**TIME:** 9:30-10:30 a.m.

**INSTRUCTOR:** Studio Ascend Staff

**LOCATION:** 26 Broadway, North Haven

This is a 60-minute yoga class incorporating modifications for all levels. Combined with the teachers' unique style, you will be taken through vinyasa, sun salutations and postures of varying degrees of fun and difficulty. While increasing strength balance and flexibility, this class will also challenge your mind and detoxify your body, helping to release physical and emotional tension. This is an all-level class that will incorporate modifications to meet all students where they are in their practice to help increase endurance and flexibility while challenging your balance. Awaken your body, one breath at a time, one class at a time.

# SPECIAL EVENTS



**HALLOWEEN PARTY**

Friday, October 30<sup>th</sup>

**MORE INFORMATION AVAILABLE AT THE RECREATION OFFICE**



## GENERAL REGISTRATION FORM

1. Mail the completed registration form to Dept. of Community Services & Recreation, 7 Linsley Street, North Haven, CT 06473 and make the check(s) payable to: Treasurer, Town of North Haven.
2. Complete all the information requested. **(Incomplete registration forms will be returned.)**
3. Include a separate check for each participant and each program.
4. **Proof of residency must be provided with the completed registration form each time you register:** copy of a current driver's license, real estate tax bill, lease or mortgage, or two recent utility bills with name and address. (P.O. Box address is not acceptable.)
5. **Include proof of age for all youth programs.** If you are sure your child's birth certificate is on file with the department, you do not need to send one with your registration. If you are unsure, send a copy and we will put it on file.
6. **REGISTRATION FORMS MUST BE SIGNED BY PARTICIPANT OR PARENT (GUARDIAN) IF PARTICIPANT IS UNDER 18 YEARS OF AGE.**
7. It is recommended that a second choice of programs and or times be included, especially for pool programs.  
For class confirmation, please include a self-addressed, stamped envelope.
8. **More detailed registration information is located in the front section of the brochure.**

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### MAIL IN REGISTRATION FORM

PARTICIPANT'S NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ PHONE (h) \_\_\_\_\_ (w) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN & ZIP CODE \_\_\_\_\_

PROGRAM/TRIP: 1<sup>ST</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

2<sup>ND</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

#### WAIVER HOLD HARMLESS

The undersigned individual and/or as parent or guardian of the above named child do hereby agree to waive, release, and hold harmless the Town of North Haven and its agents and employees from any and all causes of action including personal injury and property damage. The North Haven Recreation Department may videotape or take pictures of participants enrolled in recreation activities, classes or programs. These photos and/or videotapes may be used for promotional purposes. I will allow my child's name, likeness and photographs for the purposes of publicity in any media.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

#### DID YOU INCLUDE THE FOLLOWING?

SEPARATE CHECKS \_\_\_\_\_ PROOF OF RESIDENCY \_\_\_\_\_ PROOF OF AGE \_\_\_\_\_ SIGNED WAIVER \_\_\_\_\_ 2<sup>ND</sup> CHOICE \_\_\_\_\_

OFFICE USE ONLY \_\_\_\_\_

CHECK# \_\_\_\_\_

RECEIPT# \_\_\_\_\_

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### MAIL IN REGISTRATION FORM

PARTICIPANT'S NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ PHONE (h) \_\_\_\_\_ (w) \_\_\_\_\_

ADDRESS \_\_\_\_\_ TOWN & ZIP CODE \_\_\_\_\_

PROGRAM/TRIP: 1<sup>ST</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

2<sup>ND</sup> CHOICE \_\_\_\_\_ DAY \_\_\_\_\_ TIME \_\_\_\_\_

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OFFICE USE ONLY \_\_\_\_\_

CHECK# \_\_\_\_\_

RECEIPT# \_\_\_\_\_

